

STORE IN A COOL, DRY PLACE.

Recommendations: As a dietary supplement, take 2 capsules 30–60 minutes before bedtime.

Warning: see side panel

Keep out of the reach of children.

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Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

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Best-Rest Formula

Promotes restful sleep*

Gluten-free, Non-GMO & Hypoallergenic

Dietary Supplement

60 CAPSULES



Supplement Facts

Serving Size: 2 capsules
Servings per container: 30

	Amount Per Serving	%DV
Vitamin B ₁ (as pyridoxal 5'-phosphate) (activated B ₁)	3.3 mg	194%
Melatonin	1 mg	*
GABA (gamma-aminobutyric acid)	300 mg	*
L-Theanine	50 mg	*
Valerian (<i>Valeriana officinalis</i>) extract (root)	400 mg	*
*Standardized to contain 0.2% valeric acids		
Lemon balm (<i>Melissa officinalis</i>) extract (leaf)	150 mg	*
*Standardized to contain 5% rosmarinic acid		
Hops (<i>Humulus lupulus</i>) extract (terminal cone)	150 mg	*
Passionflower (<i>Passiflora incarnata</i>) extract (leaves and flowers)	100 mg	*
*Standardized to contain 3.5% vitamins		
Chromola (<i>Melicaria recurva</i>) extract (flower)	100 mg	*

* Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water), hypochlorogenic plant fiber (cellulose), gum arabic, maltodextrin, ascorbyl palmitate, silica

Natural color variations can occur. Product can range from grey to light brown.

Warning: Consult a healthcare professional if you are experiencing long-term sleep difficulties; before use in children, before use in pregnant or lactating women, those with a medical condition, and those taking medication. Do not drive or operate machinery when taking melatonin. This product may be contraindicated for individuals taking corticosteroids.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured by: **Pure Encapsulations**
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code: **BRF6**